

Overall Learning Objectives:

1. Understand that cooking meals at home give you more control over what you are eating.
2. Know some ways to make home cooking simple, healthy, economical and delicious.
3. Know that breakfast is important and can affect performance on the job and in school.
4. Know how to build quick healthy breakfasts using MyPlate as a guide.
5. Participants will be able to identify several ingredient substitutions for creating healthier meals.

Agenda:

20 minutes	<ul style="list-style-type: none"> • Welcome, sign-in • Exercise Week 4 • Share experiences, tips, answer questions <ul style="list-style-type: none"> • Did anyone use the slow cooker? What did they make? Did they have any problems/successes? • Any questions/comments from the last lesson?
10 minutes	<ul style="list-style-type: none"> • Home Cooked Meals and Breakfast - Lesson • Demonstrate Straining Regular Yogurt vs. Greek Yogurt
15 minutes	<ul style="list-style-type: none"> • Breakfast Lesson • Taste Recipe 1 and Recipe 2 and analyze using Recipe Framework • Discuss possible substitutions
40 minutes	<ul style="list-style-type: none"> • What You Eat Matters – Lesson • Healthy Dessert Options - Taste Recipe 3 • Ingredient Substitutions • Stretching your Food Dollars
5 minutes	<ul style="list-style-type: none"> • Complete session and recipe evaluations • Distribute groceries to participants

Supplies for participants:

- Participant Workbooks – one per adult
- Groceries
- Bags for groceries

See [Teaching and Program Implementation Kits](#) for additional materials needed for class.

Select recipes:

- Choose two recipes that demonstrate how to make breakfast in a slow cooker.
- Choose one recipe that demonstrates a healthy dessert option.
- Optional – make a dip or yogurt parfait with Greek yogurt.

See [Recipe Selection and Giveaways](#) for suggestions on recipes.

Exercise - Week 4 – The exercise in this lesson are shown in Section 3, page 11.

(If exercises are done on floor wash hands or use hand sanitizer.)

Welcome

Welcome back everyone! Did anyone use the slow cooker since last session? Would anyone like to share their experience with the slow cooker or a recipe?

Did anyone find that you were reading more nutrition labels in the grocery store?

What did you find, anything interesting or surprising to you? Does anyone have any tips or suggestions for fitting in more whole grains or reducing sodium?

Eat More Home Cooked Meals and the Importance of Breakfast

Today we are going to talk about how cooking at home can improve quality of the food you are eating while keeping food cost in line with your budget. We will also discuss the importance of eating breakfast. The cooking demonstrations will teach you how to prepare meals at home quickly, affordably and nutritiously.

Before we get started with the lesson we are going to start a demonstration. We are going to make Greek yogurt out of regular yogurt by straining the regular yogurt through a coffee filter. This usually takes a couple of hours but if we get started now you will be able to see some change by the end this session. By removing the liquid, or whey, the yogurt becomes thicker and more concentrated. Has anyone ever tried this at home? We will talk more about this later in the lesson.

Why eat more home cooked meals?

- Home cooked meals can be healthier.
 - You can control how much fat, sugar and salt is added to your food. These are ingredients that we want to limit in our diets. When you eat prepared foods or at restaurants, there is often too much fat, salt, and sugar added. You can control how the food is prepared and cooked and can choose healthy low-fat cooking methods like steaming, slow cooking, baking and broiling. Restaurants often fry foods or add excess fat to make their food seem more appealing.
 - Children and adults who eat home cooked meals are less likely to be overweight.
 - Eating at home allows you to control portion sizes. Restaurant portions are usually 2-4 times larger than what should be eating.
- Home cooked meals are less expensive.
 - Restaurant meals can be double the cost of making a meal at home!
- Home cooked meals promote quality family time.
 - Families who eat together are more likely to hear about any problems their children might be experiencing.
 - Children who eat with their families are more likely to feel that their parents are proud of them.
 - Children who eat home cooked meals are more likely to get better grades and are less likely to use drugs and alcohol.

Breakfast

How many of you had breakfast today? What did you have?

Breakfast is one of the most important meals of the day. **Please turn to Section 3, page 24 in the Workbook.**

The word breakfast comes from the term “to break the fast”. To fast, is to go without food for more than eight hours. After a night of sleep (8-10 hours), your body needs to be refueled. Do you know why breakfast is important?

It provides energy and improves concentration.

- A good breakfast restores your energy levels so you can tackle the day. If you don't eat breakfast, your body begins to slow down. You may feel weak, get a headache, and have a hard time concentrating.
- It helps you concentrate. Children who eat breakfast tend to perform better in school than those that don't.

It helps you maintain or lose weight.

- It jump-starts your metabolism. The higher your metabolism the more energy you burn.

- A balanced breakfast helps keep your hunger in check so you are less tempted to eat junk food or overeat later in the day.

What are some reasons people may skip breakfast?

1. I don't have time.

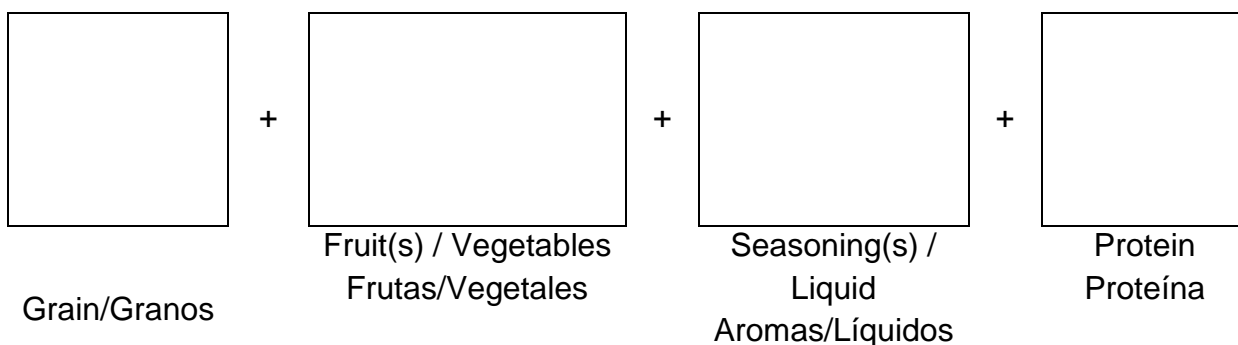
Can anyone think of a quick easy breakfast option or a way to make breakfast "do-able" for your family? A healthy breakfast can take less than five minutes to prepare!

- Pack a breakfast-to-go the night before.
- It doesn't have to be breakfast foods. A sandwich with peanut butter and jelly or a whole grain trail mix is a great choice. Leftovers also make a quick breakfast.
- Use a slow cooker or rice cooker and prepare breakfast before you shower or even the night before.

2. Not hungry in the morning or eating breakfast makes you feel nauseous.

- Limit late night snacking if you find that you're not hungry when you wake up. Our bodies should be hungry if they have gone more than 8-12 hours without food.
- If eating first thing in the morning is not appealing, start small. Try eating a banana or a piece of toast with a cup of tea. Carbohydrates such as fruit or whole grains are typically well tolerated for people with morning nausea. After a few weeks of successfully consuming a light breakfast, slowly add a protein, such as nut butter or hard-boiled egg.
- Remember that you are a role model for your children. If they see that you eat breakfast, they are more likely to eat breakfast.

(Serve Recipe 1 and Recipe 2. Taste and discuss Recipe 1 and 2 using the Recipe Framework. Have participants turn to the recipes in Section 2 of the Workbook as you discuss).



What you eat matters.

Use MyPlate as a guide for building a healthy breakfast. **(Section 3, page 12)**

In a study, people given a whole grain breakfast high in fiber, protein and nutrients did significantly better on cognitive and memory tests than those who ate a refined grain/high sugar cereal breakfast.

Whole grains

- Fiber in whole grains helps you feel full throughout the morning which helps you focus on your work.
- Breakfast items rich in whole grains include: whole wheat toast, oatmeal, whole grain cereal.
- Avoid white-sugary foods in the morning, like sugar cereal. These foods may give you energy right away, but they will leave you feeling hungry and sluggish in an hour or two.

Lean Proteins

- Protein helps bodies build muscles, heal and repair.
- Protein will also help you feel fuller longer.
- High proteins foods include: milk, yogurt, nuts, eggs, beans or lentils, nut butter etc.
- Avoid proteins that are high in saturated fat such as bacon, sausage, full fat dairy, or a lot of cheese or butter. Try substituting leaner turkey or chicken sausage.
 - The high fat/grease is bad for your heart and will make you feel sluggish and tired.

Fruit and/or vegetables

- Many fruits are fast food you can grab on the go: apples, bananas, raisins etc.
- Veggies are easily incorporated in egg dishes, smoothies or breakfast sandwiches.
- The fiber in fruits and veggies helps you feel fuller longer and promotes a healthy heart, brain and digestive system.

Many families choose to eat cereal for breakfast. **The last page of your workbook** has some tips on how to purchase **Go** cereals.

Are there any breakfast issues you encounter that make it hard to get the kids out the door? **(Below is to help address concerns. Don't discuss if not necessary.)**

Breakfast time is so stressful. As I try to get the kids out the door, I often give in and let my kids eat whatever they want. To keep the peace, I let them eat sugary cereal and/or snack foods. What can you do about this?

- Do not keep sugary cereals in the house.
- Include your family in the breakfast planning. On the weekends make whole grain or veggie pancakes, muffins, and smoothies with your children. When children prepare healthy foods they are more likely to eat them.
- Once you find a recipe that the family enjoys, make a huge batch, and place them in airtight bags in the freezer. Muffins, smoothies and pancakes freeze very well. You can reheat in the oven or microwave for a quick breakfast.
- Ask the family the night before what they would like for breakfast so you can plan to and have it ready to go. At this time they are relaxed and can think it through and there will be no need to discuss in the morning.

The only cereals my kids want to eat are loaded in sugar.

- Mix your child's favorite cereal with a healthy cereal. Start with a 50/50 blend and slowly adjust the ratio until the healthier cereal fills the bowl.
- Aim for cereals that have less than **9 grams of sugar per serving and at least 3 grams of fiber**. Fiber helps you feel full and helps regulate blood sugar levels.
- When at the grocery store, allow your children to pick out the cereal. Set the nutrition guidelines (such as the number of grams of sugar and fiber), and let them find a cereal that meets your standards.
- Buy unsweetened cereal and let your child add fresh or dried fruit, nuts, or seeds.

Your family craves sweet foods in the morning.

- Breakfast smoothies: Fruit is naturally sweet; add yogurt or nut butter for extra protein.
- Trail mix with dried fruit, nuts, seeds and whole grain cereal.

Breakfast is one of the most important meals of the day. If you are not a breakfast eater, give it a try this week. You will be amazed at what a good, wholesome breakfast can do for you.

Resources:

<http://children.webmd.com/guide/family-dinners-are-important>

<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/cereal-sugar-list/>

Healthy Dessert Options:

(Distribute Recipe 3. Have participants turn to the recipe in the Workbook.)

We've spoken a lot about how to create nutritious meals for your family, but what about desserts? Is there a place for them? Of course! One key is to make sure your desserts are sized appropriately. Do you really need a king-sized candy bar or would you be satisfied with a fun size? Are you really hungry at the end of the meal or just want a taste of something sweet? Starting your children off in life with appropriately sized desserts helps them develop healthier mindsets.

In addition, what those desserts are makes a difference. Fruit based desserts such, as sliced strawberries sprinkled with a little powdered sugar are an easy sweet dessert. For adults try the sweetened strawberries with a splash of balsamic vinegar for a more savory, sophisticated flavor.

(Discuss recipe and changes that the participants may make.)

Healthy Ingredient Substitutions (Have participants turn to Section 1, page 12 of the Workbook.)

We've talked about many ways of substituting ingredients using the Recipe Framework[®]. This same process can be used to adapt your existing recipes to make them healthier and still delicious. Can anyone offer any tips or suggestions on substitutions they've tried and the result?

Offer any of the ideas below that haven't been mentioned already.

- Substitute some vegetable protein sources such as lentils, split peas, or beans for either some or all of the meat in recipes.
- A slow cooker maintains so much moisture, cooking existing recipes in it allows you to cut the quantity of oil or fats used.
- Try substituting whole grains for processed grains.
 - Use quinoa, barley, or brown rice in place of white rice.
 - When baking, try replacing half the white flour with whole wheat flour
 - Make sure you are substituting similar types of flour: all purpose for all-purpose, bread flour for bread flour.
 - Since whole-wheat flour is denser make sure to sift it well to incorporate enough air to achieve a soft crumb.
 - In some recipes, like oatmeal and chocolate chip cookies, you can replace the whole amount without noticeable taste difference.

- When baking you can replace the oil in many recipes with equal quantity of applesauce or pureed prunes. Just cut back on the sugar in the recipe a bit. The fruit sauce will also make the recipe denser.
- In many recipes you can reduce the salt or sugar while maintaining flavor. Experiment to see what you enjoy. You may cut back a little a first, let your palate adjust, then cut back a bit more.
- Replace some salt in recipes with other types of seasonings or zest from citrus fruits. Make sure you don't use the white part. **(Demonstrate this to the class if they haven't used zest before.)**
- When recipes call for cream, half and half, or whole or 2% milk, you can often replace some or all of this with 1% milk. If your family misses the fat, try adding a little olive oil with the lower fat milk.
- Mash a can of beans with a fork to thicken soups and increase protein, instead of using creams and cheeses. Blend beans in a blender or food processor to use as a base for dips instead of cheeses and sour cream for a more nutrient dense, lower fat dip.
- Substitute 1% cottage cheese for ricotta – it's generally cheaper, lower in fat. Great for lasagna.
- Substitute low-fat Greek yogurt for sour cream or mayonnaise. This reduces the fat and increases the protein. It's also great mixed with herbs/citrus for a dip, sandwich spread or on tacos. To simulate sour cream, use **plain** low-fat or fat-free Greek yogurt. Vanilla or other flavored Greek yogurts make good frosting alternatives.
- Let's take a look at our yogurt demonstration. By straining regular yogurt, as we did here, you get Greek yogurt. **(Pass yogurt containers and demonstration.)** Greek yogurt has more protein and less sugar than regular yogurt. Let's take a look at the nutrition labels so we can compare the difference. **(Read protein, sodium and sugar content.)**

Does anyone want to share some ideas of substitutions that they make at home?

Stretching Your Food Dollars

(Have participants look at this page in Section 1, page 13 of the Workbook.)

Food Shopping Strategies

Know what you have in your cupboards, pantry, refrigerator and freezer before you shop. Keeping your food storage areas organized allows you to see what you need at a glance.

Stock Up

Having the ingredients you use frequently on-hand gives you the ability to put meals together more easily and quickly. Stock your cupboards with items that have long shelf lives such as canned and dried goods. Replace often – keep a list on a cupboard door of items to replace the next time you go shopping. Buy items in bulk if you have the room to store them and will use them before their “use by” date.

Plan Meals

You can plan meals for a whole week or a few days at a time, whichever works best for you, but planning is the key. Start with a few family favorites and then consider what you can make with leftovers. For example, tonight's roasted chicken and vegetables could become tomorrow's chicken soup, chicken tacos or chicken fried rice.

Write It Down

Write a shopping list before heading to the market. Be sure to check fridge, freezer, pantry and cupboard first.

Buy In Season

Fruits and vegetables are most affordable and usually fresher and more nutrient dense when you buy them in season. Some Farmer's Markets offer to match Link Dollars, thus cutting the price for these very fresh fruits and vegetables in half. You can stock up and preserve things like fruit by freezing them. Wash and pat fruits dry. Cut up stone fruits like peaches, leave berries whole or cut large ones in half. Place on cookie sheet, leaving space between the fruits. When the fruit is firm (it doesn't have to be rock hard), transfer fruit to a freezer baggie, squeeze out extra air, and label with date. Use fruit within 3 months for things like smoothies, fruit toppings, etc.

Food Storage Strategies

Organize Food Storage Areas

Group similar foods together so you know what you have. For example, keep all canned vegetables together on a single shelf in your pantry, and keep fruits and vegetables in their own zones in the refrigerator so you can easily see what you need to replenish. Likewise for foods in the freezer – keep meats in one area to avoid packages pushed to the back and forgotten.

Pay Attention to Dates

When buying fresh items, such as dairy, meat and pre-packaged fresh food, check food date or expiration labels. You can eat foods after the “best before” date (food quality label), but do not eat foods after the “use by” date (food safety label).

Store Produce Properly

Store fruits and vegetables in the refrigerator and wash them immediately before you eat them. Keep fridge drawers clean and dry – line them with paper towels to absorb any additional moisture.

Freeze Food Properly

If you buy frozen food items in bulk, such as meat, rewrap them for freezer storage and date them so you do not leave them in the freezer too long. If you are freezing meals or leftovers for future use, make sure they are fully cooked and cooled then wrapped well with as little air as possible. For breads or baked goods, wrap them in foil and then place in dated freezer bags.

Food Use & Reuse Strategies

Always Consider Leftovers

The best way to stretch your food dollars is to make the most out of the meals you make. When planning a meal, remember to think of what you can do with any leftovers, as well as ways to use up remaining ingredients you might have purchased for that meal.

Creative Ideas for Leftovers

Here are a few ideas for making leftovers into new meals:

- Add to a stir-fry or fried rice
- Stuff into peppers, zucchini or eggplant
- Add to a frittata
- Use as ingredients in risotto
- Use for tacos, quesadillas, tostadas or enchiladas
- Make into sandwich rolls or wraps
- Add to a cold salad or a grain or lentil salad
- Add to a bean dish
- Serve over pasta
- Use as ingredients in soups
- Use as ingredients in savory pies, quiche or casseroles

If a Children’s Program is included, add the following. Today your children also learned about the importance of eating breakfast every morning and how the energy breakfast provides allows us concentrate and feel good throughout the day. The children discussed how to build a healthy breakfast by using MyPlate and selecting Go Foods. They also discussed breakfast options for mornings when time is limited. While some Slow Foods are convenient and easy to eat, so are many Go

Foods such as yogurt, trail mix, oatmeal and fruit. Planning ahead makes it easier to make healthy choices, when time is limited.

Course Conclusion

Thank you so much for attending the Nurture Program. We hope you've come away with some helpful ideas and strategies for preparing foods in a more healthful fashion. We have appreciated hearing your ideas and suggestions. We have some final evaluation forms for you to complete. Thank you again; we really enjoyed our time with you.

Allow five minutes to fill out class evaluations and to hand out groceries.